

Marinated Veg Salad3/4c5

Number of Servings: 5 (163.93 g per serving)

Amount	Measure	Ingredient
19 1/2	oz	Vegetables, California blend, 80% ckd, iqf, FS
3 3/4	oz	BalsamicVinegarDressing50
6 1/2	Tbs	Celery, fresh, diced
4 1/4	Tbs	Onion, white, fresh, chpd
3 1/4	Tbs	Peppers, bell, green, sweet, fresh, chpd
3 1/4	Tbs	Pimentos, cnd

Nutrients per serving

Nutrition Facts	
Serving Size (164g)	
Servings Per Container	
Amount Per Serving	
Calories 130	Calories from Fat 80
% Daily Value*	
Total Fat 10g	15%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 50mg	2%
Total Carbohydrate 10g	3%
Dietary Fiber 3g	12%
Sugars 5g	
Protein 3g	
Vitamin A 45%	Vitamin C 70%
Calcium 4%	Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300 mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Instructions

Cook vegetables until just tender, drain and cool while chopping and dicing celery, onion and green pepper. Dice pimento. Lightly mix cooked and raw vegetables with Italian Dressing. Refrigerate several hours or overnight to blend flavors and CHILL to below 41 degrees F. Serve cold, 40 degrees F or below.

1 serving = 3/4 cup and 1 1/2 servings of vegetables.

Use slightly #6 scoop or 6 oz spoodle to serve 3/4 c Marinated Vegetable Salad.

7 g CHO = Free Food (1/2 Carb serv)

Notes

French Dressing, Reduced Fat & Sodium recipe: may be used instead of Balsamic Vinegar Dressing if desired. Using French Dressing, Reduced Fat & Sodium will increase sodium 40 mg sodium per meal which is minimal.